

Homemade hypoallergenic dog food

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When you catch your precious pup itching, scratching, biting, and otherwise seeming miserable, consider that your cuddly canine is showing symptoms of a food allergy. You might have already figured out this part, and if you're looking for ways to prepare delicious homemade hypoallergenic dog food for your furry friend, we've got you covered.

Keep in mind, though, that it's not easy to recommend specific foods until you do an elimination diet for your pup and figure out which food items trigger symptoms. However you can implement a special diet to find out, and then work with your vet to formulate nutritionally balanced, hypoallergenic dog food meals to keep your pet symptom-free, happy, and healthy.

The following two recipes can give you an idea of the types of ingredients and proportions you'll need to supply your own dog food and keep your pup well-fed and healthy. The recipes include different options so that you can avoid any food items that trigger symptoms in your pet.

Try this simple homemade dog food recipe from Founders Veterinary Clinic for canines weighing 20 pounds. Cut in half for 10-pound pups, and double for 40-pound dogs.

1 lb. skinless, cooked chicken

1 cup rice, cooked

1 cup carrots & peas

1 tablespoon vegetable oil

1 teaspoon potassium chloride

You can make substitutions of boned fish for the protein source, and potato for the carbohydrate. They recommend adding bonemeal powder or calcium citrate to prevent your canine from developing a calcium deficiency. The site also recommends a daily canine multivitamin.

For this recipe, you can choose any protein such as dark chicken meat, lamb, pork, turkey, eggs, or beef as long as you keep the same proportions in the overall recipe.

For carbohydrates, choose from white rice, pasta, brown rice, sweet potato, peas, barley, oatmeal, or corn.

Cook any meat or grains before using them. You can add either cooked or uncooked vegetables.

Fiber options include bell pepper, carrots, baby spinach, green beans, broccoli, or squash. Limit these fibrous veggies to no more than 10% of your pet's total diet.